

Body Dissatisfaction: The Effects of Body Mass Index on Reactions to Media Images

A Senior Honors Thesis

Presented in Partial Fulfillment of the Requirements for graduation *with research distinction in Psychology* in the undergraduate colleges of The Ohio State University

By
Lyndsee Cooper

The Ohio State University at Mansfield
May 2011

Project Advisor: Dr. Philip Mazzocco, Department of Psychology

Abstract

Media images have been shown to affect the way women perceive their selves. The effect body mass index (BMI) has on body dissatisfaction when viewing media images has not been determined. This study used 121 female college students. Participants reported their height and weight before being assigned to one of three image-exposure conditions: moderately-thin female models, ultra-thin female models, or neutral media images. After viewing the images, they then reported their body dissatisfaction. Results indicated increased body dissatisfaction only when participants with moderate BMI viewed thin or ultra-thin models. These findings have implications for advertisement, media literacy programs, and eating disorder preventions.

Body Dissatisfaction: The Effects of Body Mass Index on Reactions to Media Images

Social comparisons are an important part of daily life, and in the age of media, this may be particularly true for women. Myers and Crowther (2009) found that women compare themselves to thin media images just as frequently as they compare themselves to peers who are more relevant. Body satisfaction is an important aspect of the way people live their lives. Over eighty percent of college women report body dissatisfaction (Spitzer, Henderson, & Zivian, 1999). Body dissatisfaction is when a person has negative thoughts about their body. Depending upon how someone views themselves decides how they are going to interact with others.

Many people use the media to judge what is considered beautiful, which leads people to feel dissatisfied about how they appear. That is why having extremely thin women in the media is harming women's body satisfaction. Studies have shown that thin-ideal media images have an effect on the way women view themselves. The media show clear messages about the positive aspects of being thin and the numerous negative disadvantages of being fat (Levine & Murnen, 2009) and women are not oblivious to those effects. Thin women are more often portrayed in the media and are represented in positive manner. If women of average weight or who are overweight are seen in the media it is often because they are being looked down upon. Mass media are everywhere; the two major forms of mass media are magazines and television.

In Western culture the media places great emphasis on slim female bodies and using them as sexual, seductive charms to sell products. The thin women in the media are typically 15 percent below the average weight of women (Hawkins, Richards, Granley, & Stein, 2004). These thin-ideal media images lead towards an increase in social comparison, which has been

shown to have an effect on body dissatisfaction.

A frequent cause of body dissatisfaction is a discrepancy between a person's ideal body and their perception of their own body. People often compare themselves with others in order to determine where they stand in life (Festinger, 1954). Social comparisons can even occur automatically. Gilbert, Giesler, and Morris (1995) found that when people are given instructions to compare themselves with others, a comparison of appearance will be automatic and will be the first comparison to occur.

Concerns about the influence of admired media on female viewers' body satisfaction originated in the late 1970s (Tan, 1979). However, it seems that people have been comparing themselves with others and feeling bad about their bodies since before the 1960s; the social comparison theory arose in 1954. Previous research has found that thin media images correlate with female body image dissatisfaction (Dalley, Buunk, & Umit, 2009).

Upward social comparison is when people compare themselves with someone that they believe is more fortunate than they are, which usually leads to negative outcomes (i.e. increased body dissatisfaction; Myers & Crowther, 2009). Body dissatisfaction has increased over the years and it may be because of the population's increase in body mass index. The average person is increasing in weight, while the models in media images are decreasing in weight. Collins (1996) found that when a person's dissatisfaction is high it is often because the difference between oneself and the person of comparison is greater.

Downward social comparison occurs when people compare themselves with someone they believe is worse off than they are. This leads to positive consequences such as a decrease in body dissatisfaction (Myers & Crowther, 2009). When people experience downward social

comparison it is often because they find a particular aspect of the person that they believe is less socially acceptable than that aspect of their self. Therefore, women that weigh less than normal often feel better about themselves because they are aware of the social desire to be thin.

Media images are designed differently for males and females. In Western culture the media influences females' body dissatisfaction more than males'. There are about seven females for every one male that has an eating disorder (Levine & Murnen, 2009). The effect of media images on body dissatisfaction has been of interest to many people in psychology recently because it has been considered to be a contributing factor in the development of eating disorders. If women's body dissatisfaction is influenced by images in the media, then when they compare themselves with the images of different sized women their body dissatisfaction will differ.

The uses and gratification theory suggests that the way people interpret media images may occur very differently depending upon how women relate themselves with the models (Hesse-Biber et al., 2006). This theory implies that people seek out certain forms of media that satisfies a need that they have. The majority of models in media images weigh less than the reader. However, women's body mass index (BMI) varies, low (<18.5), normal (>18.5 and <25), and high (>25 ; Smeesters, Mussweiler, & Mandel, 2010). Therefore, people with a lower BMI should relate more with the thinner images and will have less body dissatisfaction than people with a higher BMI.

There has been research that examined the effects of media images on female body dissatisfaction. In 2001, Morry & Staska exposed adult females to media images and they found that the women related the images to societal ideals, which lead to body dissatisfaction. Glauert, Rhodes, Fink, and Grammer (2010) conducted a study on body dissatisfaction and how females

give more attention to thin female bodies. They used computer generated female bodies as the images that were viewed by the participants. The two images that were used were an extremely thin and an overweight female. They found that the women that gave the thin images the most attention had the least amount of body dissatisfaction, which may be because their images were not relatable since they were computer generated.

Two recent studies have considered BMI as a factor of body dissatisfaction, but neither used control images as a way to compare the levels of body dissatisfaction after viewing the media images. Dalley, Buunk, and Umit (2009) examined the relationship of BMI and neuroticism on female body dissatisfaction when viewing media images. This study had two conditions. The media images that were used were images of females in bathing suits from popular fashion magazines and plus size fashion magazines; all of the models' heads were removed so that facial attractiveness had no effect. They found that the thin images were significantly more appealing to the participants, but none of the two-way interactions between BMI, neuroticism, and body dissatisfaction were significant. Therefore, it could not be determined if BMI had an affect on body dissatisfaction.

The most recent research examined the effect of BMI when viewing media images. It looked at participants' self-esteem, self-knowledge, and eating behaviors when social comparison occurs (Smeesters, Mussweiler, & Mandel, 2010). Their first study used two types of images, sketches of thin and heavy models. For this study they found that participants with different BMI levels use different comparison processes when viewing media images. Their second study examined participants' self-knowledge. They categorized participants into high and low BMI level groups. They used three types of images, thin models, control, and heavy

models. The results showed that if the difference between the self and the comparison image is small, then self-esteem was affected. Their third study examined eating behaviors of participants after viewing thin or heavy model images. Participants with normal BMI levels ate less and they experienced a decrease in self-esteem for both conditions.

The results of these studies indicate that more research needs to be done on media images and their effects on body dissatisfaction. Studies have used different conditions of media images, but have not used the same images manipulated for each condition which would help eliminate any confounding factors that may be in the images.

Research Goals and Hypotheses

The goal of this research is to examine how body mass index effects body dissatisfaction and self-esteem when viewing media images (ultra-thin female model images, moderately-thin female model images, or neutral images of cars). When females view ideal media images social comparison is likely to automatically occur. This comparison is where individuals believe they obtain perspective regarding their own level of attractiveness, which may lead to body dissatisfaction (Myers & Crowther, 2009). Research on body dissatisfaction has found that viewing media images does have a negative effect on female body dissatisfaction (Morry & Staska, 2001). Because body dissatisfaction has been found after females have viewed media images, it is clear that women are affected by the media. However, these studies have not shown how BMI affects the relationship between on body dissatisfaction when exposure to media images.

The media is using images of women who are considered underweight, while the size of

the average woman is increasing. The thin female model appeared in the late 1960s and has been becoming thinner over the past several decades. Viewing ideal media images can cause a person to experience negative thoughts about their body, which can be linked to a range of physical and mental health problems such as; disordered eating, low self-esteem, and depression (Dittmar, 2009). This study will use idealized, ultra-thin female model images for one image condition and use the same images after they have been manipulated to be closer to the average size of females (though still thin) for another image condition. The use of the same images in both media conditions was an attempt to remove confounding factors such as physical attractiveness, clothing, and background environment that may contribute to a change in body dissatisfaction.

By conducting a lab study I intend to demonstrate that the effects of media images are real and have been hidden in previous studies because of the lack of control of the images that were being viewed. I also expect to see an effect of BMI on body dissatisfaction depending upon which image was viewed. In the present study participants will be asked to report their height and weight. This will allow individual BMIs to be calculated which can then be used to examine how the levels of BMI effect body dissatisfaction after viewing media images. The results I expect to find are as follows:

Hypothesis 1: The body dissatisfaction of low BMI participants should not be significantly affected by exposure to thin models because the social comparison will not be particularly threatening.

Hypothesis 2: The body dissatisfaction of high BMI participants should not be significantly affected by exposure to thin models because the social comparison will not be particularly relevant.

Hypothesis 3: The body dissatisfaction of moderate BMI participants should be significantly affected by exposure to thin models because the social comparison is both relevant and threatening.

Method

Participants and Design

Participants for this study consisted of 121 Ohio State female students from the Mansfield campus. All students were enrolled in an introductory psychology, anthropology, or sociology course and they participated in the study for partial credit. The number of participants was chosen due to its similarity to other studies of this nature. I used a between-subjects design with one experimental factor, media images (ultra-thin model images, thin model images, and neutral images).

Procedures and Materials

This study was conducted in the psychology lab at the Ohio State University at Mansfield campus. Participants were recruited through an internet posting (Appendix A) and were allowed to sign up for time and dates after showing interest. Upon arrival, participants were told the name of the co-researcher and that the study is about advertisement and how it affects consumer trends, since knowing what the study was actually studying could damage the results. They were also informed that the study involves indicating height and weight anonymously and reporting feelings about the self and that if they felt uncomfortable about reporting these areas they were free to leave at any time and would still receive credit. After signing an informed consent form which they were given a copy of (Appendix B), they were randomly assigned to one of three conditions: ultra-thin model images, moderately-thin model images, or neutral images. All orally

delivered instructions are described in Appendix C.

Description of Experimental Images. All of the images were found on a search engine. They were all manipulated to have a white background; this was to ensure that the participants were only looking at the model. The images were manipulated to make the models be of an average size person for the manipulated ideal media images. The neutral images were pictures of cars because they were thought not to relate to body image.

Media Image Viewing. Participants were lead into a room with computers, they were told to have a seat at any computer and to begin the study. The participants first indicated their height and weight and filled out a single item "body assessment" measure which allowed participants to express their opinions of their current weight (Appendix D). This scale was designed to be a type of pre-test because if someone was underweight based on their body mass index, but believed they were overweight then they would have different results after viewing the images. The eight images then separately appeared on the screen in 3 second intervals.

Appendix E contains a sample pair of model images.

Filler Questionnaires. After all of the images were viewed the participants filled out a questionnaire about their thoughts about the images (Appendix F). The participants also filled out a "Role of Advertising Questionnaire" (Hawkins, 2000; Appendix G) which asked questions about consumer trends. Some of the questions included "Where do you like to shop?" and "What type of items do you like to buy?" This was used to make sure the participants were not aware of the purpose of the study. Both of these were modified to relate to the neutral images since they were cars. Neither of these filler questionnaires were analyzed.

Scales. After the filler questionnaires were filled out the participants then filled out a ten-

item version of the body dissatisfaction scale (Berscheid, Walster, & Bohrnstedt, 1973) as well as a single-item measuring self-esteem (Robins, Hendin, & Trzesniewski, 2001) (Appendix H and I, respectively). The ten items in the body dissatisfaction scale were averaged together to form a composite ($\alpha = .83$).

Debriefing. After finishing the questionnaire participants completed a short Suspicion Questionnaire where they were asked questions about the study (i.e. “Do you know what the study was about?”, “What do you think the hypotheses were?”) (Appendix J). They were then told some of the past research, why the study was really done, and what the hypotheses were as well as given a sheet to take home that included all this information (Appendix K).

Results

The analysis looked at the three main hypotheses: (1) body dissatisfaction among low BMI participants would not be significantly affected by exposure to thin models; (2) body dissatisfaction among high BMI participants would not be significantly affected by exposure to thin models; and (3) body dissatisfaction among moderate BMI participants would be significantly affected by exposure to thin models (with lower levels of both).

Body Mass Index Calculation

Participants reported their height and weight at the beginning of the study. We use body mass index (BMI) to determine how people relate on the weight comparison dimension (Smeesters, Mussweiler, & Mandel, 2010). BMI can be calculated by dividing an individual's weight by their height in inches squared. After the participants' BMIs were calculated, a tripartite split was conducted to separate the BMIs into three levels; low, moderate, and high.

Main Analyses

Body dissatisfaction scores were entered into a two-way factorial ANOVA with participant BMI (high, moderate, low) and image exposure condition (ultra-thin models, moderately-thin models, and neutral images) as factors. In addition, self-esteem and initial body assessments were used as covariates in the analysis. There were no significant main effects of BMI level, $F(2, 110) = 1.84, p = .16$, or image exposure condition, $F(2, 110) = 1.98, p = .14$. However, there was a significant interaction between BMI level and image exposure condition, $F(4, 110) = 3.00, p = .02$ (see Table 1 for means and standard deviation, and Figure 1 for an illustrative depiction of the data pattern). LSD (Least Significant Difference) post-hoc analyses were used to probe for the simple effects image exposure condition within the three BMI levels. LSD post-hoc tests were chosen in an attempt to reduce the likelihood of making a Type-2 error (failing to find a significant effect that actually exists in the population).

As predicted, for participants with high or low BMI, there were no significant effects of experimental condition (confirming Hypotheses 1 and 2, respectively). However, for participants with moderate BMI, the LSD post hoc tests showed an increase in body dissatisfaction when viewing either thin models ($p=.09$) or manipulated images ($p=.02$), relative to the control condition. Therefore, hypothesis 3 was generally confirmed.

Suspicion Questionnaire

To make sure participants did not know the true purpose of the study a suspicion questionnaire was used. On the open ended question seventeen of the 121 participants provided an explanation of the study that was reasonably close to the actual intent. The general pattern of results described above remained the same when these participants were excluded from the analysis.

Discussion

The main purpose of this research was to determine whether BMI affects the relationship between the viewing of idealized model images and body dissatisfaction in females. Previous studies have found that body dissatisfaction was affected when viewing media images (Myers & Crowther, 2009; Glauert, Rhodes, Fink, & Grammer, 2010). It had also been recently indicated that BMI had an effect of body dissatisfaction, but it was unclear to what extent (Smeesters, Mussweiler, & Mandel, 2010).

Using a social comparison framework, I hypothesized that when participants viewed images of thin models, only those moderate in BMI would be negatively influenced in terms of body dissatisfaction. It was theorized that those high in BMI might not find thin models particularly relevant, and those low in BMI might not find thin models particularly threatening. In contrast, for those with moderate levels of BMI, the thin models were theorized to be both relevant and threatening, leading to higher body dissatisfaction. The results described above generally confirmed these predictions.

It is important to consider the negative effects of model exposure among moderate BMI participants were seen regardless of whether the models were ultra-thin, or of a more reasonable body-type. This finding indicates that media images, even those that may be considered more socially responsible, are creating body dissatisfaction for average sized women.

This study was created to determine if there was a relationship between BMI and body dissatisfaction when viewing certain types of media images. Previous research had not used ultra-thin and moderately-thin images of the same models and they had not examined the effects

of body mass index. This research used images that were manipulated, so that the models that were viewed in both conditions were the same. They also had white backgrounds to avoid any confounds within the images. Because a significant interaction was found with BMI and the image conditions, future research should use other image conditions, but still using the same images for each condition. For example, participants could also view images of overweight models. This would allow researchers to determine if body dissatisfaction decreases for participants with moderate BMI levels, and if so then media images could start using more plus sized models, who would be easier for the average woman to relate to and may increase sales.

This research also found that when viewing both model conditions, people with moderate BMI levels experienced the most dissatisfaction. Further research can be done to examine why such effects occur. Studies could be done where the participants are later asked why they feel their level of dissatisfaction. They may experience their dissatisfaction because they envy the model and wish they looked like the model or it may be because the model reminds them of when they were that size. This type of research would be beneficial to future media literacy programs.

If we understood both how dissatisfaction changes when viewing every type of model, thin, average, and plus size, and why the dissatisfaction occurs, then eating disorder preventions could use these findings. These results could allow for better prevention programs to be developed and for the clients to be able to receive the help they need.

Limitations

Participants' self-reports of their height and weight (used to calculate BMI) may have differed somewhat from their actual heights and weights. Previous studies have used self-report

and found that is only varies by 1-3.5 % from people's actual height and weight (Dalley, Buunk, & Umit, 2009). Therefore, in future studies it may be helpful to actually measure heights and weights instead of relying on self-reports.

A second limitation was that the participants were all college students. The majority of females most affected by the media are adolescents. Because of this it may be beneficial for future studies to examine the effects of the media on high school or junior high school females. This would allow the results to be generalized.

A third limitation is that this study just examined how the media affects females. Females were chosen as the participants because males and females have different ideal body images. Therefore, studies still need to examine how the media affects males.

A final limitation of the study is that no evidence was presented in support of the social comparison framework thought to underlie the obtained effects. Although the data appeared to be consistent with such a framework, future studies should measure or manipulate degree of relevance or threat to confirm the theory more directly.

Conclusion

The results of this study showed that ideal media images can have a negative effect on female body dissatisfaction. This study is just a first step in understanding the way the media affects females' attitudes and thoughts about their selves. The results indicated that females who have a moderate body mass index appear to be most affected by exposure to thin models. These results show that females with normal BMI would benefit the most from media literacy programs. In a culture that is largely based on media, it is critical that people understand the effects that media images are having on the viewers. It is also important for the viewers to

understand that the images they are viewing are not representative of the female population and they should not feel bad about themselves for not being able to relate to such images.

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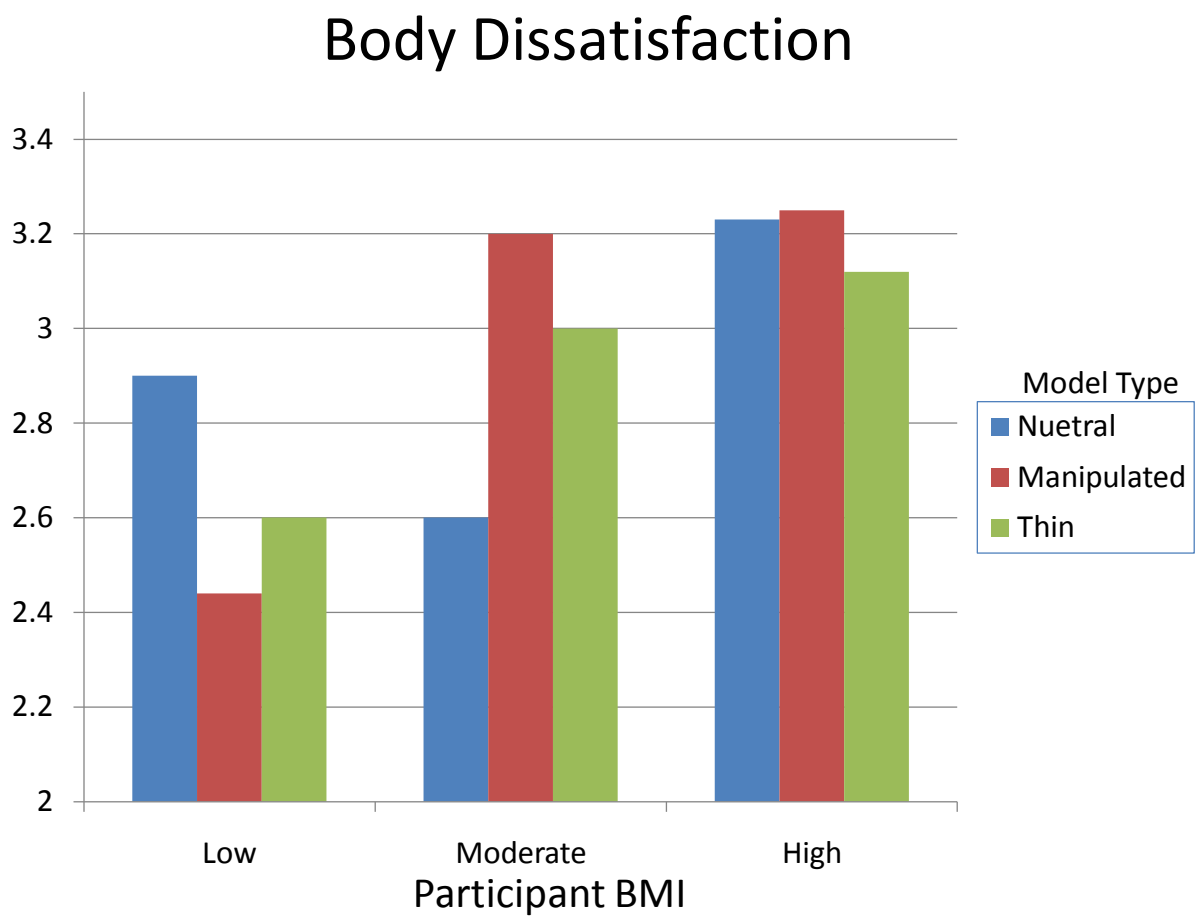
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Table 1

Means and Standard Deviations of Media Images by BMI

| | Neutral Images | | Moderately-Thin Models | | Ultra-Thin Models | |
|--------------|----------------|-----------|------------------------|-----------|-------------------|-----------|
| | <i>M</i> | <i>SD</i> | <i>M</i> | <i>SD</i> | <i>M</i> | <i>SD</i> |
| Low BMI | 2.90 | 0.85 | 2.44 | 0.76 | 2.58 | 0.65 |
| Moderate BMI | 2.61 | 0.54 | 3.15 | 0.31 | 2.98 | 0.62 |
| High BMI | 3.23 | 0.57 | 3.25 | 0.57 | 3.12 | 0.68 |

Figure 1.



Appendices

Appendix A - Internet posting

Psychology Research Participation Opportunity

The aim of this study is to look at advertisement and how it affects consumer trends.

Specifically, we will be looking at how shopping habits relate to body image and size. You will be asked to identify your height and weight. Then you will view images and fill out consumer questionnaires and report feelings about yourself. If you have any questions concerning the study, please e-mail Lyndsee Cooper at this email address: cooper.1797@buckeyemail.osu.edu

Appendix B - Consent Form

The Ohio State University Consent to Participate in Research

Study Title: Consumer trends

Researcher: Lyndsee Cooper

This is a consent form for research participation. It contains important information about this study and what to expect if you decide to participate.

Your participation is voluntary.

Please consider the information carefully. Feel free to ask questions before making your decision whether or not to participate. If you decide to participate, you will be asked to sign this form and will receive a copy of the form.

Purpose:

The purpose of this study is to examine consumer trends.

Procedures/Tasks:

You will be asked to take part in consumer questionnaires and report your weight and height along with feelings that you have about yourself.

Duration:

The study will take approximately 15-20 minutes. You may leave the study at any time. If you decide to stop participating in the study, there will be no penalty to you, and you will not lose any benefits to which you are otherwise entitled (research credit). Your decision will not affect your future relationship with The Ohio State University.

Risks and Benefits:

There are no serious risks associated with this study, however, the reporting height and weight may cause mild stress and/or physical discomfort. However, you will be reporting these anomalously. On the survey, you will have the option to skip any questions you don't want to answer. Your name will not be tied to your data in any way so there are no potential risks to your reputation. You stand to benefit from experiencing first hand how an actual psychology experiment is conducted and learning more about research in this area.

I. Confidentiality:

Every effort will be made to keep your study-related information confidential. However, there may be circumstances where this information must be released. For example, personal

information regarding your participation in this study may be disclosed if required by state law. Also, your records may be reviewed by the following groups (as applicable to the research):

- Office for Human Research Protections or other federal, state, or international regulatory agencies;
- The Ohio State University Institutional Review Board or Office of Responsible Research Practices.

Incentives:

You will receive .5 credits towards your Psych 100 class for participating in this study. If you choose to discontinue the study at any time, you will still receive the full .5 credit.

II. Participant Rights:

You may refuse to participate in this study without penalty or loss of benefits to which you are otherwise entitled (research credit). If you are a student or employee at Ohio State, your decision will not affect your grades or employment status.

If you choose to participate in the study, you may discontinue participation at any time without penalty or loss of benefits. By signing this form, you do not give up any personal legal rights you may have as a participant in this study.

An Institutional Review Board responsible for human subjects research at The Ohio State University reviewed this research project and found it to be acceptable, according to applicable state and federal regulations and University policies designed to protect the rights and welfare of participants in research.

III. Contacts and Questions:

For questions, concerns, or complaints about the study you may contact **Lyndsee Cooper at cooper.1797@osu.edu or 419-512-3020 or Phil Mazzocco at mazzocco.6@osu.edu of 419-755-4352**. You can also contact Phil Mazzocco if you feel you have been harmed as a result of taking part in this research study.

For questions about your rights as a participant in this study or to discuss other study-related concerns or complaints with someone who is not part of the research team, you may contact Ms. Sandra Meadows in the Office of Responsible Research Practices at 1-800-678-6251.

IV. Giving Informed Consent

I have read (or someone has read to me) this form and I am aware that I am being asked to participate in a research study. I have had the opportunity to ask questions and have had them answered to my satisfaction. I voluntarily agree to participate in this study.

I am not giving up any legal rights by signing this form.

Please indicate your agreement by choosing “I agree” below:

☐ I AGREE

☐ I DISAGREE

Appendix C - Script

(at the outset of the study)

The aim of this study is to look at advertisement and how it effects consumer trends and the relationship with your body image. This study does involve your reporting your height and weight to see their effects on shopping habits and you will view images, if you feel uncomfortable with these tasks at any time you may leave the study without any penalty. Please answer the questions to the best of your ability and refrain from speaking for the duration of the study. Thank you.

Appendix D - Body Assessment Measure

I believe that I am:

Extremely overweight

Overweight

Neither Overweight nor Underweight

Underweight

Extremely Underweight

Appendix E - Model Image Examples



ULTRA-THIN MODEL



MODERATELY-THIN MODEL

Note: Actual images were in color, not black-and-white.

Appendix F - Image Questionnaire

1. How much money would you spend on the items?
2. Did you like the items?
3. Did you like the models' hair style?
4. How attractive did you think the models were?
5. Would you buy the items?

Appendix G – Role of Advertising Questionnaire

1. Do you purchase name brand clothing rather than discount brands? _____.
2. Do you feel that name brand clothing is of superior quality compared to discount brands?
_____.
3. What clothing stores do you shop at the most? _____.
4. Do you every buy clothing from mail order catalogs like? _____.
If yes, which one? _____.
5. On average, how much money do you spend on clothing each month? _____.

Appendix H - Body Dissatisfaction Scale

BODY DISSATISFACTION**Instructions:**

These questions have to do with how satisfied you are with certain parts of your body. Please circle the number that corresponds to your degree of satisfaction with your body. For example, if you are “extremely dissatisfied” please circle “1”, if your are “neutral” please circle “3”, etc.

| | Extremely dissatisfied | Moderately dissatisfied | Neutral | Moderately satisfied | Extremely satisfied |
|-------------------------------|-----------------------------------|------------------------------------|----------------|---------------------------------|--------------------------------|
| Weight | 1 | 2 | 3 | 4 | 5 |
| Figure (overall shape) | | | | | |
| Stomach | | | | | |
| Body build | | | | | |
| Waist | | | | | |
| Thighs | | | | | |
| Hair | | | | | |
| Hips | | | | | |
| Legs | | | | | |
| Eyes | | | | | |

Appendix I – Self-Esteem Measure

SELF-ESTEEM

I have high self-esteem:

| | | | | |
|------------------------|----------|----------|----------|--------------------|
| 1 | 2 | 3 | 4 | 5 |
| not very true of me | | | | very true of me |

Appendix J – Suspicion Questionnaire

What did you think this study was really about?

Appendix K - Debriefing Form

This study looked at how body mass index affects your feelings about the self and body dissatisfaction when viewing media images. We could not tell you this beforehand because we thought it might have biased your natural responses to images, which would have rendered the results of the study meaningless. Psychologists are very interested in the effects media images have on body dissatisfaction. Previous studies, however, tend to not look at body mass index and they have not used the same media images for both conditions. We wanted to study the influence of body mass index, while using manipulated images as a condition.

We expected that greater body mass index will elicit an increase in body dissatisfaction when viewing the original media images. We expected that body dissatisfaction and self-esteem will be inversely related. If you would like to know more about this kind of research, there are some studies listed below that might be of interest. These studies can be obtained through the Ohio State library system.

Please note that it is your right to withdraw your data from further consideration if you so choose (just write mazzocco.6@osu.edu and indicate your desire to have your data removed from further consideration).

We are grateful for your help with this study, and we have one final favor to ask: **please do not talk about the experiment with other people** (especially other students who might be participating in the study in the future). If people come into a study already knowing all about it, it is difficult for them to respond naturally to the experiment and that makes it difficult or impossible for us to learn anything from their responses. We appreciate your assistance in maintaining the scientific integrity of this research.

Feel free to ask the experimenter questions about the study, or to provide feedback. If you are interested in additional information regarding this study, or if you have additional feedback, you can contact the lead researcher: Philip Mazzocco at mazzocco.6@osu.edu or at 419-755-4352.

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Thank you for your participation!